

JOURNEY TO WELLNESS

Journey to Wellness – Healing & Wellbeing

A program that will empower you on your cancer journey

Journey to Wellness is Cancer Care Centres' Healing and Wellbeing Course, led by our professional facilitators:

Lynne Murphy
Anne-Marie Halligan
Paul Kern
Richard Roope
Dharmamodini
Sarah Trangmar

This course is suitable to everyone who has any type of cancer, being a new diagnosis, undergoing treatment or in remission.

Cancer Care Centre
195 Glen Osmond Rd, Frewville, SA 5061
9.30am to 4.00pm (Monday to Friday)

For details of the next course and reservations please telephone (08) 8272 2411

We present a range of topics that empower people to combine complementary therapies and ongoing medical treatments to help improve their outcomes.

Session 1: Your body and Cancer

Learn how cancer affects the body and the impact it has on the immune system, including the understanding of the role of the cells and how they behave in the body.

Session 2: Your Emotions and Cancer

Exploring our emotions during this challenging time helps people to cope better during and after treatment. You will learn about the influence of emotions and strategies to help keep you in the ok zone.

Session 3: Nutrition

Eating well is an important part of cancer and prepares you to manage treatment and recover more effectively. You will learn about whole plant-based foods, proteins and healthy carbohydrates to use in healing.

Session 4: Meditation

Understand and experience the benefits of a regular meditation practice.

Session 5: Exercise

Research demonstrates that regular exercise greatly improves physical and mental health throughout treatment, and enhances people's quality of life. You will learn ways to exercise safely and discover the importance of the lymphatic system.

Session 6: The Road Ahead

Exploration of other possibilities on finding your path to Wellness

Order of sessions may change from time to time.